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One of a kind

She plays a clone on Orphan Black but CSA best actress winner Tatiana Maslany is a singular talent

AWARDS COVERAGE, PAGE 11

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MANITOBAN SLOPES IN STYLE

Nicholas Palamar of Team Manitoba soars through the air during the men's snowboard slopestyle on Tabor Mountain at the Canada Winter Games in Prince George, B.C. on Friday. Manitoba is set to host the 2017 Canada Games. JONATHAN HAYWARD/THE CANADIAN PRESS

Greg Selinger holds on tight

Manitoba premier. No date yet for spring budget

If Greg Selinger is worried about possibly getting kicked out of the Manitoba premier's office Sunday, he's showing no signs of it.

Selinger has appeared relaxed, affable and even chatty at public events, while fending off leadership challenges from once-trusted colleagues and adapting to the departure of most of his top advisers.

He says he is taking a business-as-usual approach and the leadership race that was precipitated by a caucus revolt hasn't distracted him from governing. He has campaigned on nights and weekends, and deals only with government matters during the work day.

Still, he concedes, juggling the campaign with government duties has had an impact.

"There's no question the pace is somewhat different and you have to be more focused when you're going through a variety of experiences at once," he said in an interview.

Selinger has proven resilient to his supporters and stubborn to his detractors. After the NDP raised the provincial sales tax in 2013 and saw popular support plummet, some cabinet colleagues began to quietly suggest he step down to help the party bounce back. He rejected the idea.

Five of his most senior ministers went public with their concerns last October and resigned from cabinet. Selinger insisted he would stay on and called on the party to hold a leadership vote. His problems didn't end there.

He has seen about two-thirds of the party's constituency and youth delegate support go to his two opponents: Theresa Oswald, a former health minister who was part of the revolt, and Steve Ashton, a former infrastructure minister who stayed out of the public spat.

He's telling delegates he can help the party rebound by implementing good policies, building flood-fighting infrastructure and boosting the economy.

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Spring flood risk is very low in most areas, province says

Weather. First outlook of 2015 paints rosy picture for spring

The provincial government says the risk of flooding in most areas of Manitoba this spring is minor, though there are concerns in western areas.

In its first flood outlook of the year released Friday, the province said soil moisture and snowfall levels are normal or below-normal in the Red River Valley and in the southeast, the Interlake and the north.

It's a different story in areas along the Assiniboine, Souris and other rivers in western Manitoba, where heavy rains last summer have left soil moisture levels high.

Flood forecaster Fisaha Unduche said the situation is nowhere near as bad as 2011, when the Assiniboine rose so high it forced the evacuation of some Brandon areas.

"We are about one-third of 2011," said Unduche, adding residents in the area should not be worried about evacuations or flooding that could damage homes. "At this time we're saying they should not be concerned because all of the dikes and protections are well above the numbers that we are forecasting."

He added there is some risk of localized overland flooding in the southwest, which could increase if the weather turns bad.

Officials warn the season is still early and much depends on precipitation and other factors in the spring.

"One single storm could change everything," said Unduche. "This outlook is only based on snow melt ... after that, when the rain starts to fall we will have to update our forecast."

The province will release its second flood outlook of the year at the end of March.

THE CANADIAN PRESS/
WITH FILES FROM SHANE GIBSON

Manitoba flood forecaster Fisaha Unduche, left, and executive director of Manitoba Water Stewardship Steve Topping released the province's first flood outlook of 2015 Friday. SHANE GIBSON/METRO

Crime

Phone thief drops a pin for police

A man arrested within an hour of stealing a teen's phone in the North End Thursday inadvertently told investigators where to find him.

Officers investigating after a 15-year-old girl reported a man with a knife had made off with her phone started their investigation by calling the phone. Not only did the suspect answer, he gave police a time and place to meet him in order to trade $100 for the phone.

A police spokesperson said the man did not know he was speaking to police when investigators agreed to meet him near Selkirk Avenue and McPhillips Street. The man tried to run when he saw police, but was quickly apprehended.

Obediah Courchene, 24, is charged with robbery and has been detained in custody.

METRO

Deficit pegged at $394M

The Manitoba government's projected deficit is still higher than expected, but has been trimmed a bit in recent months.

The government's third-quarter financial report estimates the deficit for the fiscal year that ends next month will come in at $394 million.

That's $37 million more than originally predicted in last spring's budget, but down $8 million from the last fiscal update in December.

By the numbers

$8M

The current deficit projection is down $8-million from the last fiscal update in December

Finance Minister Greg Dewar says there are ongoing spending pressures in health care and child welfare, as well as flood compensation being paid out for last year's heavy rains in western Manitoba.

The government has promised to balance the budget in two years, although Dewar and Premier Greg Selinger have said they will not do that if it requires deep spending cuts to government programs.

THE CANADIAN PRESS

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Entire neighbourhoods could be named heritage districts

City report.
Armstrong's Point being used as case study

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Residents in the Armstrong's Point neighbourhood may be the first community in Winnipeg to be designated a Heritage Conservation District. ELISHA DACEY/METRO

A report coming to a city committee on Monday may result in entire neighbourhoods being able to receive heritage designation.

The city is recommending that councillors on the downtown development committee allow the public service to further develop criteria for creating Heritage Conservation Districts, including a pilot project in the community of Armstrong's Point, which is located just east of Misericordia Hospital and is also known as "The Gates."

Coun. Jenny Gerbasi said many cities have them and Winnipeg has "several areas" that could potentially become Heritage Conservation Districts (HCDs) in the future.

"It's a way of preserving the character of a very special area or neighbourhood that has a lot of historic resources in it," said Gerbasi, adding that, like any planning tool, it should be developed in consultation with those in the neighbourhoods.

"The residents of Armstrong's Point are very excited. They want to see this move forward. They're really enthusiastic to work on this."

Gerbasi said if the committee approves the city report, the next step would be to hire a consultant to work through the HCD designation of Armstrong's Point so that it can be used as a model for other neighbourhoods.

The report states Winnipeg has seen "a number of forerunners" to HCDs, such as the Exchange District and Boulevard Provencher.

"The heritage character of these areas is managed through zoning bylaws, although they have never been officially designated 'heritage districts,'" states the report.

Gerbasi brushed off concerns that the HCD process could be viewed as anti-development, adding that "having plans in place that have been vetted properly with all the stakeholders and the residents and all of the people involved, it actually makes the community better."

Quoted

"It's a way of preserving the character of a very special area or neighbourhood that has a lot of historic resources in it."
Coun. Jenny Gerbasi

Contest

City's #Whiskerpeg looking for top feline to get licensed for life

Does your furry feline have what it takes to be the toast of Winnipeg? If so, enter your kitty to win a cat licence for life.

The city launched a contest on Friday for the month on March, where cat owners can enter their feline friend's photo along with a written submission describing why their cat is a "great member of our feline community."

The contest closes on Friday, March 27, with the winning kitty not only receiving a licence for life, but also a commemorative plaque.

This contest is part of the city's #Whiskerpeg campaign to remind all cat owners that felines are now required to be licensed.

Visit Winnipeg.ca/cms/animal/catcontest.stm for more information or for the contest entry form.

BERNICE PONTANILLA/METRO

Queen painting might end up at MTS Centre

One of the two men responsible for the homecoming of the Queen Elizabeth II painting that hung in the old Winnipeg Arena said he's looking at several places to house it — including MTS Centre.

Jamie Boychuk, a born-and-raised Winnipegger who works as a general manager for CN, gave Metro an interview on Friday only moments before heading to the Whitby, Ont., warehouse to see the five- by seven-metre portrait crated for shipping.

He said he was feeling "a lot of excitement," since the last time he saw it was when he took in a game more than two decades ago.

"I haven't seen the painting in many years and it was quite high and far away from the location I had seen it," said Boychuk with a chuckle.

The Queen painting
TORSTAR NEWS SERVICE FILE

"My earliest memory would have been sometime in the mid '80s when I was going with my father to hockey games or even some concerts at that point in time and seeing it hanging up there, so if you're from Winnipeg, you understand exactly what I'm saying."

As for where it will hang, Boychuk said the only condition he and fellow owner Mike Cory have is that it be exhibited where every fan in Winnipeg could see it.

"We have a few locations we're interested in, some people are reaching out, we're reaching out to others," he said, adding that negotiations are ongoing.

"The only criteria that I have is that every person who is from Winnipeg, or part of Winnipeg, or has been part of Winnipeg, has an opportunity to see it."

On Thursday, True North spokesman Scott Brown said the painting would be too large to fit in the MTS Centre bowl.

However, asked specifically about MTS Centre, Boychuk said Friday that "everything is wide open right now." BERNICE PONTANILLA/METRO WITH FILES FROM SHANE GIBSON AND ELISHA DACEY

Bus beheader is granted more freedoms

Mental illness. Vince Li could be moved to group home; psychiatrists testified Li has shown profound improvement

A man who beheaded a fellow passenger aboard a Greyhound bus in Manitoba has been granted more freedoms and could eventually be moved into a community group home.

A decision by the Manitoba Criminal Code Review Board says Vince Li must remain in the Selkirk Mental Health Centre or at the psychiatric centre at a Winnipeg hospital.

Winnipeg MP

"It is unacceptable that dangerous and violent offenders are released into our communities..."
Said fedral Heritage Minister Shelly Glover.

He is also being allowed unsupervised visits to the Manitoba capital as long as he is carrying a cellphone.

Federal Heritage Minister Shelly Glover, who is member of Parliament for the Manitoba riding of Saint Boniface, issued a statement late Friday expressing concern about letting Li "walk freely amongst innocent Canadians."

"Vince Li beheaded a man," said Glover. "For the second time this week, I would like to clarify that this type of situation is exactly why we made changes to the Criminal Code in the Not Criminally Responsible Reform Act. It is unacceptable that dangerous and violent offenders are released into our communities, when they pose a threat to society."

The board is also allowing the possibility of Li living in a group home.

"Upon receipt of an updated assessment report, including a detailed community living plan ... the board may consider and approve ... an extended pass to reside at a Level V group home in the community," the board said in its decision, released Friday. THE CANADIAN PRESS

Winnipeg Police Const. Jason Michalyshen discusses two people who, he says, were hit by a truck after running out on a restaurant bill. SHANE GIBSON/METRO

Regent Ave. Couple hit by truck after running out on restaurant tab: Police

SHANE GIBSON
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A dine-and-dash turned into a dine-and-crash for a man and woman who, police say, were hit by a truck while trying to run out on the bill they'd racked up at a Transcona restaurant Friday.

Staff at the restaurant in the 1500 block of Regent Avenue called police around 12:15 a.m. after a drunk man and woman refused to pay their bill.

But before officers arrived the pair fled with an employee on their tail, crossing Regent Avenue north near Stapon Road.

After making it across all east and westbound lanes, both the man and the woman were hit by a westbound Ford F-150 in the curb lane.

The woman, 41, was taken to hospital in critical condition where she has since been upgraded to guarded condition. The man, 38, was not seriously injured and remains in stable condition.

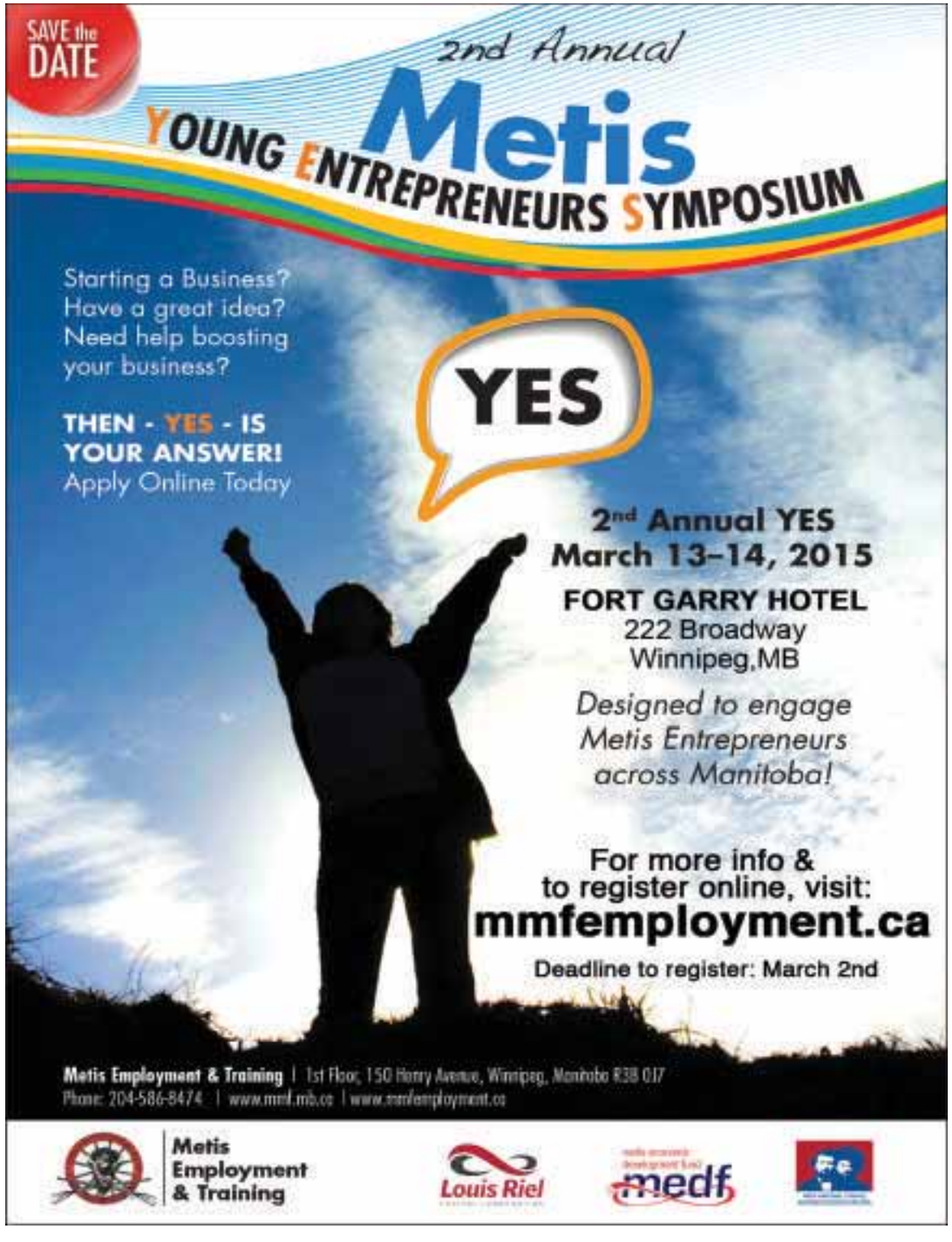
Police spokesman Const. Jason Michalyshen said the pair had been in the restaurant for around 45 minutes. He didn't know exactly how much their bill came to, but he did call it "minimal".

"We're talking about some drinks, some food, the bill is likely not a significant amount," he said.

"They weren't in there for a very long period of time," said the officer.

Members of the Central Traffic Unit continue to investigate and police don't expect charges will be laid against the driver.

Charges aren't being ruled out against the injured man and woman.



Engineering a better future for young girls

Outreach program. Special U of T science class for Grade 3 pupils all part of push to make future workplace more gender-split and equal

Catherine Makarytchev, 8, takes her turn looking through magnifying lenses in Toronto on Saturday, while performing experiments at a junior science program at the University of Toronto. THE CANADIAN PRESS/DARREN CALABRESE

Groups of students huddle around desks at a university campus as the instructor gives out a quick overview of the job at hand: build a crane, create an electromagnet and pick up metal.

Work begins in earnest with some of the students building their contraptions with wheels "for better transportation'' while others build them for strength.

But these are not university students. They are Grade 3 and Grade 4 students — about half of them girls — who like to spend a few hours on the weekend building "stuff'' and learning about science.

"I've been building stuff a long time," said eight-year-old Yashu Tenneti. "In our school we're building bridges out of Popsicle sticks.''

Does she want to be an engineer or scientist when she grows up?

"I don't know. I want to be many things,'' she said.

The class is part of an outreach program at the University of Toronto designed to help break gender, financial and racial barriers. The university hopes girls like Yashu will eventually enter an engineering program.

Many other universities across the country offer similar programs to encourage women to get into the fields of science, technology, engineering and math. York University, for example, runs all-girl courses that teach science through superheroes.

Later this week, the university is expected to launch the Lassonde 50:50 Challenge — an initiative that aims to achieve an equal gender-split enrolment at its Lassonde engineering school.

The gender divide in professions such as engineering and computer sciences is a startling problem in Canada. According to Engineers Canada, about 88 per cent of engineers are men.

Those numbers are slowly changing because of programs such as these, according to Jennifer Flanagan, the CEO of Actua — an Ottawa-based charity that promotes science to children, especially girls.

"They can experiment, tinker and that kind of environment is really conducive to boosting their confidence,'' Flanagan said of the programs, which include all-girl science classes. They have been around for two decades, she said, but they've become more popular in recent years.

Last September, the first-year undergraduate engineering class at the University of Toronto saw 365 women, a 25 per cent increase from the year before, however, is slow. A report from Engineers Canada shows just 18.3 per cent of undergraduate engineering degrees were awarded to women across the country in 2013, up slightly from 17.6 per cent in 2009. THE CANADIAN PRESS

Montreal. Massage parlour debate rolls on as business endures despite crackdown

Yanick Chicoine THE CANADIAN PRESS

One year after the mayor promised to crack down on erotic massage parlours, Montreal still doesn't know what it's going to do with the hundreds of establishments operating right across the city.

City officials are still debating how to tackle the issue of erotic parlours, many of which are open 24/7 and illegally employ women who have sex with men in the massage rooms.

Without a clear policy, community groups and massage parlour owners say the police are letting the de-facto brothels operate under a tacit agreement: don't hire minors, don't force women to do anything they don't want to do, and keep organized crime out of it.

Yanik Chicoine, 37, operates two erotic massage parlours in Montreal's east-end and said police leave him alone despite the fact some of his employees sell their bodies for money inside his business.

"The police told me that they prefer to see (prostitution) in this kind of place instead of on the street." THE CANADIAN PRESS

Nepal

Canadian jailed for seven years for molesting boy

A media report says a Canadian man has been sentenced to seven years in jail in Nepal for molesting a nine-year-old boy in that country. The Hindustan Times says Ernest Fenwick MacIntosh, 71, from Nova Scotia was found guilty of sexual assault by a court in Lalitpur near Kathmandu. The paper also says the court also gave MacIntosh a fine of one million Nepalese rupees, equivalent to $12,000. The Canadian Press could not reach police in Nepal to confirm the report. Canada's Department of Foreign affairs says MacIntosh is receiving consular services. THE CANADIAN PRESS

Calgary

Son faced abuse on anti-bullying day; mom angry

Jessica's son dressed up in bright colours before heading off to Banff Trail School last week for Pink Shirt Day, an occasion where students and staff alike take a stand against bullying. But during the lunch break, Jessica said seven kids swarmed her son and one repeatedly struck him. "The teacher who was on duty didn't see what happened," said Jessica, whom Metro has agreed to identify only by first name to protect her son's identity.

"They're saying they don't believe the victim, and (they) know something's happening, but ... don't think it's a big deal." JEREMY NOLAIS/METRO

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Ebola. Vice-president of Sierra Leone quarantined after exposure to Ebola

Sierra Leone's vice-president has put himself in voluntary quarantine following the death from Ebola of one of his security guards.

Vice-President Samuel Sam-Sumana became acting president Sunday when President Ernest Bai Koroma left Sierra Leone to attend a European Union conference on Ebola in Belgium. Sam-Sumana will carry out his presidential duties from his home.

He is the highest-ranking African official to be in quarantine in this Ebola outbreak in West Africa, which is fast approaching a death toll of 10,000. The news highlights the rise of new cases in Sierra Leone, which has experienced a setback in curbing the spread of Ebola.

Sierra Leone's VP Samuel Sam-Sumana. THE ASSOCIATED PRESS

Sam-Sumana voluntarily decided to quarantine himself for 21 days following the death from Ebola last Tuesday of one of his security personnel. THE ASSOCIATED PRESS

Terror. 'Jihadi John' thought of suicide before going to Syria: Emails

Newly published emails suggest the man who became known as "Jihadi John" had suicidal thoughts before leaving Britain for Syria.

In an email exchange with the Mail on Sunday five years ago, he talked of taking too many sleeping pills and sleeping forever as a way to get away from British security service scrutiny. Mohammed Emwazi told a journalist at the newspaper in an email that he felt like a "dead man walking."

Emwazi was revealed this week to be the Islamic State militant known as "Jihadi John," who appears in beheading videos brandishing a large knife.

He was a computer science graduate who lived in west London before leaving for Syria in 2013. He was interrogated by security services while in Britain but never arrested. THE ASSOCIATED PRESS

Quoted

"He seemed to have a persecution complex and desperately wanted his story to be told."

Journalist Robert Verkaik described meeting Mohammed Emwazi in 2010.

Afghanistan

Avalanche death toll rises

An Afghan official says the death toll from a massive avalanche in a mountainous valley near Kabul last week rose to 198 as bulldozers began clearing roads and rescue teams were able to reach remote villages. As rescue workers dig through the snow, they are uncovering more bodies. Helicopters are dropping food to villages. THE ASSOCIATED PRESS

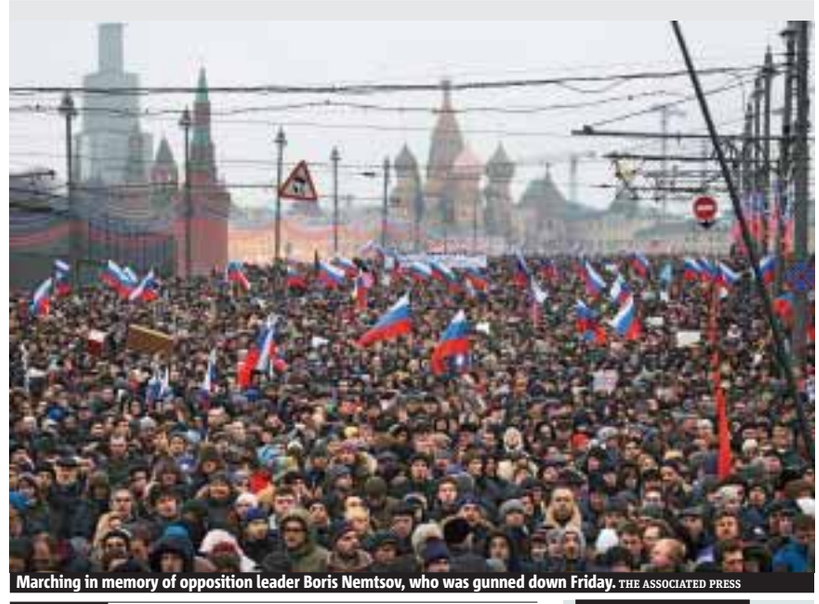
Space Station

Spacewalking astronauts finish tricky cable job

Spacewalking astronauts successfully completed a three-day cable job outside the International Space Station on Sunday, routing several-hundred feet of power and data lines for new crew capsules. It was the third spacewalk in a week for two Americans. THE ASSOCIATED PRESS

Thousands mourn slain Putin critic

Russia. Demonstrators in Moscow march and chant to mourn murdered opposition leader Boris Nemtsov



Marching in memory of opposition leader Boris Nemtsov, who was gunned down Friday. THE ASSOCIATED PRESS

Carrying flowers, portraits and signs that said, "I am not afraid," tens of thousands of people somberly marched Sunday in Moscow to mourn opposition politician Boris Nemtsov, whose slaying on the streets of the capital has shaken Russia's beleaguered opposition.

The mourners marched to the bridge near the Kremlin where Nemtsov was gunned down shortly before midnight Friday. Chanting "We'll not forget, we'll not forgive" and waving Russian flags, the crowd filled the road along the Moscow River embankment. Many tied black ribbons to railings along the way.

The mood was sombre, with heavy security. Police helicopters flew overhead and police boats patrolled the river.

No one has been arrested in Nemtsov's killing, and Russia's federal investigative agency said it was looking into several possible motives.

Ilya Yashin, a friend and fellow opposition leader, said he hoped the killing would not frighten people.

"Essentially it is an act of terror. It is a political murder aimed at frightening the population, or the part of the population that supported Nemtsov and did not agree with the government," Yashin said. "I hope we won't get scared, that we will continue what Boris was doing."

Russian President Vladimir Putin has marginalized and intimidated his political opponents, jailing some and driving others into exile, since mass anti-Putin protests swept Moscow in 2011 and 2012. Nemtsov, 55, was among the few prominent opposition figures who had refused to be cowed.

Sunday's march could energize the opposition, but it could also prove to be a brief expression of emotions that dissipates in a climate of fear.

Mikhail Kasyanov, a former prime minister who joined the opposition, told the crowd the killing should be a turning point for Russia "for the simple reason that people who before thought that they could quietly sit in their kitchens and simply discuss problems within the family, now will start reconsidering everything that's going on in our country."

Russia's Investigative Committee said it is considering the possibility that Nemtsov's killing was aimed at destabilizing the political situation in Russia and the politician was a "sacrificial victim for those who do not shun any method for achieving ... goals." THE ASSOCIATED PRESS

U.S. view

"We hope there will be a thorough, transparent, real investigation, not just of who actually fired the shots, but who, if anyone, may have ordered or instructed this." **U.S. Secretary of State John Kerry.** He said on Sunday television that the United States had no intelligence on who was behind the shooting.

'We are not afraid'

Another mourning march for Nemtsov was held earlier Sunday in St. Petersburg, drawing what police estimated was 6,000 people.

- Nelly Prusskaya, a 66-year-old doctor, said she came to pay her respects to Nemtsov. "I also came to say that I'm against the war in Ukraine... I'm against political murders."

White elephant at a Myanmar zoo in 2012. THE ASSOCIATED PRESS

Rare white elephant captured

Myanmar's forestry department has captured a rare white elephant in the jungles of the country's western Ayeyarwaddy region, an official said Sunday.

The seven-year-old female was captured Friday, six weeks after it was initially spotted in a reserve in Pathein township, forestry official Tun Tun Oo said. It's the ninth white elephant in captivity in the country.

"We had to be careful," Tun Tun Oo said of the 1.9-metre-tall elephant. "It's wild. We didn't want the elephant or the forestry department officials to get hurt."

White elephants, which are actually albinos, have been revered for centuries in Myanmar, Thailand, Laos and other Asian nations.

Often pinkish in colour, with fair eyelashes and toenails, the animals were normally kept by monarchs as symbols of power and prosperity — many people still believe they bring good luck to a country. THE ASSOCIATED PRESS

Telecoms. Blackberry, Samsung pursue business sector customers together

BlackBerry Ltd. (TSX:BB) is bulking up its security partnership with Samsung Electronics in an effort to attract more business customers.

The Waterloo, Ont.-based smartphone company says it has locked in a new agreement that will integrate more of its services into Samsung Knox, the South Korean company's mobile security platform.

The pact is the latest in a growing relationship between BlackBerry and Samsung, once smartphone industry rivals who are now combining some of their efforts to bolster a competitive stance against Apple Inc., which is making its own solo push into the business community — known within the industry as enterprise users.

BlackBerry chief executive John Chen said his company brings additional security features to the table that Samsung needed to improve its slate of software.

"Samsung is a consumer company and they intended to get into the enterprise space," Chen said on a recent conference call with reporters.

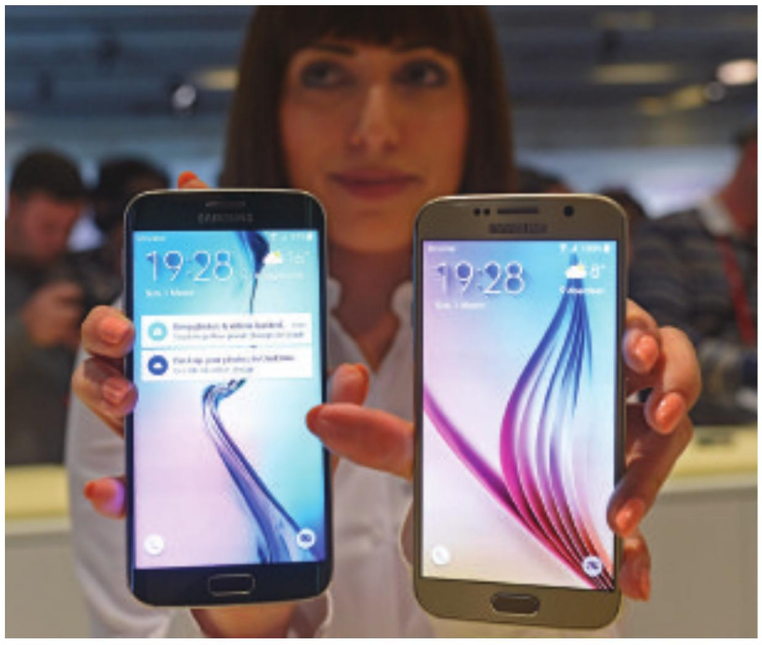
"Enterprise needs a lot more than what the Knox offered."

The joint announcement comes just before the start of the Mobile World Congress trade fair in Barcelona, Spain on Monday.

BlackBerry's WorkLife allows businesses to supply phones to their employees, but create a virtual divide within the device that allows it to operate as if it were two separate phones.

SecuSuite software adds an extra level of security to the phone with encryption technology that makes voice and text communication "virtually tap-proof," Blackberry said. The service will be available on Samsung Knox this fall.

THE ASSOCIATED PRESS



Samsung unveils its state of the art

The new Galaxy S6, right, and S6 Edge are displayed during a Samsung Galaxy Unpacked 2015 event on the eve of this week's Mobile World Congress wireless show in Barcelona, Spain, Sunday, March 1, unveiling a new phone that ditches its signature plastic design for metal and glass. The South Korean phone manufacturer also unveiled a premium model with a display that curves around the edges.

MANU FERNANDEZ/THE ASSOCIATED PRESS

Air travel

South Pacific nations to bolster aircraft tracking

Australia, Indonesia and Malaysia will lead a trial of an enhanced method of tracking aircraft over remote oceans to allow planes to be more easily found should they vanish like Malaysia Airlines Flight 370.

The trial is expected to use satellite-based positioning technology.

THE ASSOCIATED PRESS

Economic crisis

Spain denies Greek accusation

Spain's prime minister has denied his Greek counterpart's claim that Spain and Portugal are trying to overthrow Greece's government.

Greek Prime Minister Alexis Tsipras had said the conservative Iberian countries planned "the wear and tear of our government" and its overthrow.

THE ASSOCIATED PRESS

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VOICES

‘NOT CRIMINALLY RESPONSIBLE’

Understanding the concept demands knowledge of Canadian law, mental illness and compassion — none of which MP Shelly Glover possesses with respect to Vince Li

INSIDE THE PERIMETER
Shannon VanRaes

The idea that a person can commit a terrible act — such as stab, behead and consume portions of a fellow bus passenger — and then not be held criminally responsible for said act, can be difficult to comprehend.

To understand the concept of “not criminally responsible,” an individual needs to have an understanding of Canadian law, knowledge about the nature of mental illness, compassion and a willingness to set aside notions of retribution. As it turns out, Shelly Glover possesses none of these things.

Last week the Member of Parliament for St. Boniface responded virulently to the news that Vince Li, who killed 22-year-old Tim McLean on a Greyhound bus near Portage la Prairie in July of 2008, would be given more freedom.

Railing against the Manitoba Criminal Code Review Board decision and demanding the province take action, Glover issued a statement expressing concern that Li might “walk freely amongst innocent Canadians.”

And there is the crux of Glover’s failure to comprehend what it means for a person to be found not criminally responsible. By juxtaposing Li to “innocent Canadians,” Glover makes it clear that she sees Li not as a sick man being treated for an illness, but as a man guilty of a criminal act. In case there was any doubt as to her position, she went on to state, “it is unacceptable that dangerous and violent offenders are released into our communities, when they pose a threat to society.”

Vince Li is not a criminal. He has not been convicted of any crime and because he has not been convicted of any crime, he is not in prison. He’s at the Selkirk Mental Health Centre. The doctors treating him there consider him to be at a low risk to reoffend.

According to the federal department of justice’s own statistics, those found not criminally responsible due to a mental disorder actually have lower recidivism rates than individuals found criminally responsible.

Those facts make Glover’s statements all the more damaging and misleading. And as alarming as it is to find that the Minister of Canadian Heritage is either unable or unwilling to grasp the concept of “not criminally responsible”, it’s more disconcerting when considered in light of the fact she is also a police officer.

On leave from the Winnipeg Police Service since 2006, Glover is not just an armchair philosopher of the law, she has been an enforcer of it. I can only hope her interpretations of the Criminal Code were clearer on the street than they have been on the hustings.

What happened on that Greyhound bus in the summer of 2008 was a horrific tragedy that snuffed out a young life, while damaging countless others. But fear-mongering and misinformation won’t turn back the clock — it will only prevent those suffering with mental illness from seeking help by strengthening stigmas and promoting vigilantism. If Glover really wants to ensure that a tragedy like this doesn’t happen again, she should work to increase funding for mental health, improve outreach and use her position to help end misconceptions about mental illness, not perpetuate them.

Shannon VanRaes is a Winnipeg-based journalist and photojournalist who spends her days contributing to the Manitoba Co-operator and her nights covering urban affairs. Thanks to the bite of a radioactive spider, she no longer needs to sleep. She can be reached on Twitter @ShannonVanRaes.

Your Winnipeg

It’s a bird! It’s a ... wait, it’s a plane

Photo submitted by Metro reader Ron Cantiveros

Reader Ron Cantiveros caught this image of the aurora borealis on Saturday night north of Winnipeg. The streak in the middle? It’s not a meteorite, it’s a plane flying overhead. **SUBMITTED**

SEE YOUR SHOT HERE:
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Upcoming

Budget week: Prepare for a rising tax tide

Mayor Brian Bowman was in Prince George, B.C., on the weekend, touring the Canada Winter Games in preparation for Manitoba’s turn at hosting the summer games in 2017.

A former competitive swimmer, the mayor was relaxed and happy on Sunday, but did say he was trying to absorb as much fun as he could before heading back to Winnipeg Monday morning for what is sure to be a trying week.

The city’s capital and operating budget drafts are being released Tuesday, and if the rumblings are any indication, Winnipeggers should be prepared for a property tax hike — and a major one at that.

The past few years have seen tax hikes between two and four per cent and, while current finance chairman Marty Morantz hasn’t given any hints about what’s in store for this year’s budget, former finance chairman Russ Wyatt has warned the city that it must find other revenue streams or face large property tax hikes to pay for looming infrastructure projects.

Mayor Bowman pledged to find two per cent in efficiencies in the budget during his campaign, but it’s unsure whether he’ll be able to do that without cutting front line services. Not to mention he’s promised to put the framework in for the next phases of rapid transit, as his (highly ambitious) goal is to see the entire network built by 2030.

But it’s not all doom and gloom, as the city came away with a surplus last year, thanks mostly to a mercifully dry winter. And Winnipeggers are a realistic bunch — we know that infrastructure is costly and if we want our roads fixed, it’s going to take funding. So long as that funding is well and transparently spent. **ELISHA DACEY/METRO**

metro

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CSAs love Mommy

The troubled characters in Xavier Dolan's forceful film Mommy had no trouble sweeping the Canadian Screen Awards on Sunday night, when the acclaimed feature racked up nine prizes including best picture.

Dolan's raw look at a widowed mother and her violent teenage son dominated the film categories, with the 25-year-old Quebec phenom taking best director, best editing and best original screenplay for himself.

The wins began before the glitzy CBC broadcast even hit the air, when Dolan was awarded the best editing and best original screenplay award in a non-televised pre-show.

"I'd love to thank my mother and dedicate this award to her, I truly mean it," said Dolan, whose searing debut, I Killed My Mother was also an intense mother-son saga.

During the broadcast, Mommy claimed all three of the acting prizes it had been up for, with best actor going to Antoine Olivier Pilon, best actress to Anne Dorval and best supporting actress to Suzanne Clement.

THE CANADIAN PRESS

Mommy director Xavier Dolan and producer Nancy Grant.

G. PIMENTEL PHOTOGRAPHY/ACADEMY.CA

Schitt's Creek actress Annie Murphy poses with Dan and Eugene Levy on the Canadian Screen Awards red carpet on Sunday. G. PIMENTEL PHOTOGRAPHY/ACADEM

Canadian Royalty

Homegrown stars including Tatiana Maslany and Kiefer Sutherland gathered to celebrate the best in film, TV and digital media at the Canadian Screen Awards on Sunday night.

THE CANADIAN PRESS

G. PIMENTEL PHOTOGRAPHY/ACADEMY.CA

Gimme Moore

Julianne Moore, who stars in David Cronenberg's Maps to the Stars, walked the red carpet in Toronto at the annual awards show where she was nominated for best actress in a film. She did not take home the trophy, however co-star John Cusack won for best supporting actor.

Not a Rookie win

Missy Peregrym holds the Golden Screen award for the highest rated TV drama for Rookie Blue at the Canadian Screen Awards.

THE CANADIAN PRESS

Best actress success cloned

Tatiana Maslany, who plays multiple characters in Orphan Black, won for best actress in a drama for the second year in a row. The hit Space series was also named best drama.

G. PIMENTEL PHOTOGRAPHY/ACADEMY.CA

Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Kid Rock's instagram abuzz

Kid Rock's recent comments about Beyoncé drew the ire of her fans. GETTY IMAGES

Kid Rock is learning the hard way that you do not want to cross Beyoncé — or her legion of fans. Rock had some pretty unkind things to say about the Single Ladies singer's musical legacy and physical attractiveness during a rant to Rolling Stone: "Beyoncé, to me, doesn't have a f—ing Purple Rain, but she's the biggest thing on Earth," he says. "How can you be that big without at least one Sweet Home Alabama or Old Time Rock & Roll? People are like, 'Beyoncé's hot. Got a nice f—ing ass.' I'm like, 'Cool, I like skinny white chicks with big (breasts).' Doesn't really f—ing do much for me." Charming.

So what did Beyoncé's fans do? The 'Beyhive' descended on Rock's Instagram account and flooded his recent photos with countless comments and bee emojis. It's kind of beautiful, but still probably more attention than Rock deserves.

Quoted

"How can you be that big without at least one 'Sweet Home Alabama'?"

Detroit rocker Kid Rock on Beyoncé's fame.

Justin Bieber with model Naomi Campbell at a recent charity event. GARETH CATTERMOLE/GETTY IMAGES

Biebs parties like it's his 21st birthday

Look out world, Canada's crown prince of obnoxiousness is really, truly not a kid anymore. Justin Bieber celebrated his 21st birthday over the weekend with numerous exuberant Twitter updates. Oh, and a huge house party, filled with sprinklers and 50 Cent hits, if the brief video he posted is any indication. Now that he's come of age, Bieber will have to find some new reason to get kicked out of U.S. nightclubs, but I'm sure he'll think of something. He's very resourceful.

'Nothing strange' about ScarJo, Travolta kiss

Scarlett Johansson recently came to the defence of friend John Travolta. GETTY IMAGES

So that super-creepy photo of John Travolta grabbing and kissing Scarlett Johansson on the red carpet? Well, Johansson herself has heard what you've been saying about it and she wants you all to knock it off.

"There is nothing strange, creepy or inappropriate about John Travolta," she tells the Associated Press. "The image that is circulating is an unfortunate still-frame from a live-action encounter that was very sweet and totally welcome.

"That still photo does not reflect what preceded and followed if you see the moment live ... I haven't seen John in some years and it is always a pleasure to be greeted by him."

If you say so.

Rodriguez sorry for TMZ rant

So what is Michelle Rodriguez apologizing for this time? Oh, just a little rant to TMZ outside a restaurant about the trend of updating comic book superhero characters with non-white actors. "That's the dumbest thing I've ever heard," Rodriguez said to a question about whether she would be playing the Green Lantern. "Because of this whole, like, 'minorities in Hollywood' thing, it's so stupid. Like, stop stealing all the white people's superheroes. Like, make up your own. You know what I'm saying?"

Apparently not enough people did actually know what she was saying, because Rodriguez quickly took to Facebook with a video apologizing for her comments and adding a bit of clarity to the idea she was, like, trying to get across. "I guess it got taken out of context because a lot of people got offended or whatever," she says in the iPhone video shot while snug in her bed, a cat curled up beside her. "Ultimately at the end of the day there's a language, and the language that you speak in Hollywood is successful franchises. I think there are many cultures in Hollywood that are not white that could come up with their own mythology."

She also says something about the Fountain of Life and calls turning white characters black "lazy." So ... we're all good now?

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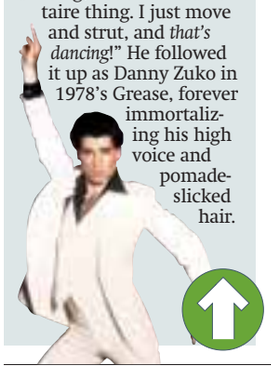
The highs and lows of John Travolta

The controversial actor has had a career marked by dramatic ups and downs, from comeback king to Internet meme. Widely pilloried for his touching of Idina Menzel's face during this year's Oscars, John Travolta has long navigated the ebb and flow of celebrity, relying on his boyish charisma and a few good dance moves for numerous revivals. Here's a look at his highs and lows

THE ASSOCIATED PRESS

Dancing up a Fever in the '70s

Already known to TV viewers of Welcome Back, Kotter, Travolta emphatically debuted as a leading man in the 1977 disco sensation Saturday Night Fever. He pronounced: "This is dancing, not that Fred Astaire thing. I just move and strut, and *that's dancing*!" He followed it up as Danny Zuko in 1978's Grease, forever immortalizing his high voice and pomade-slicked hair.



Not so Perfect '80s

The 1980s weren't nearly as good to Travolta as the '70s. He worked consistently, but in a string of flops like Perfect, in which he played a Rolling Stone reporter, and Two of a Kind, which reteamed him with Grease co-star Olivia Newton-John. Many of the films he turned down (like American Gigolo) were more successful than the films he chose to make.

Making a killing with Pulp Fiction

Though the Look Who's Talking comedies restored Travolta's popularity, his resurrection was undoubtedly due to one man: Quentin Tarantino. The director specifically sought out Travolta for Pulp Fiction. His performance as Vincent Vega earned Travolta his second Oscar nomination and brought on a rush of work, including the acclaimed Elmore Leonard adaptation Get Shorty.

Downhill Battlefield

The Pulp Fiction rejuvenation did not last long, though Travolta's track record (Michael, Face/Off, Primary Colors, A Civil Action) was better in the late 1990s than it was in the '80s. But in 2000, he starred in perhaps the biggest bomb of his career: Battlefield Earth. It's frequently ranked among the worst movies of the decade.

A Pelham of a comeback

Travolta continued to co-star in big-budget releases that received mediocre reviews and did modest box office: Swordfish, The Punisher, The Taking of Pelham 123. More recently, Travolta has lined up several films, but most intriguingly, he's to play O.J. Simpson defence attorney Robert Shapiro in the upcoming FX series American Crime Story).

The face of Scientology

Travolta's recent years have been marred by increased attention to his long-held religion. In 2013, author Lawrence Wright published a thoroughly researched expose of the Church of Scientology, which Travolta joined in the '70s. The book and an upcoming documentary are critical of Travolta for being a public face to the controversial organization.

The advantage of an allowance

Money smarts.
Giving kids their own dollars to spend and save teaches them important lessons

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Money management is a concrete skill and kids need access to money to learn how to manage it. ISTOCK

It's one of the universal truths about kids: Get them in a store and they are transformed into beggars as persistent as any telemarketer. Every shopping trip leads to upturned faces and pleas of, "Mom, can I have this?"

We like to blame the commercials on television, or over-indulgent parents, or a sense of entitlement never before seen because of rampant consumerism. But maybe the real culprits are habit and routine.

When was the last time you went into a store without buying something?

In our hectic, gotta-get-it-done lives, we seldom take the time to window shop or browse. Almost every store entry ends in a purchase. Maybe it's only natural that children copy our retail routines.

When everything is magically acquired by swiping a card and pushing some buttons, how are kids supposed to understand that there isn't an endless fountain of purchasing power? And since it's sometimes easier just to give in to our kids' all-too-frequent demands than to explain the big picture, children learn the wrong lessons.

We can all agree that children who are shown how to be responsible about money early on will be much more likely to stay in good financial shape down the road. But how do you get started?

First, you've got to give 'em some money. Before children can learn to manage money they need to be able to get their hands on the stuff. The debate about allowance — how much children should receive and who should manage it — rages. But the reality is that kids can't learn about money if they have no money to work with. Money management is a concrete skill. Yes, there are some abstract concepts you'll eventually have to cover — like compound interest — but it all starts with nickels, dimes, quarters, loonies and toonies.

I define an allowance as the money you normally spend on your kid put in your child's hands so he or she can learn to manage it. Given regularly, an allowance not only provides kids with the bucks they need to experiment with saving and spending, it also gives them the responsibility for keeping their money safe and using it wisely. Over time, even a modest allowance will get kids thinking about the value of money and how to make their dollars go further.

The alternative to an allowance, and a trap for most parents, is the dole system. That's when your kid asks for some cash and you dole it out. Since the dole system has no limit, there is no reason for a child to set priorities or make a decision on relative value.

If you're currently on the dole system and don't fully appreciate what it's costing you, consider keeping track of all money you hand over to your kid in a month. You may be surprised at how large his allowance is!

The amount you give your child will depend on how much you can afford, your child's age, and what you expect your child to do with her allowance. If the most you can afford is five dollars a week, so be it. While some parents are stuck on the two-dollar-a-week allowance, just think about what $2 can buy in this day and age.

Younger children need less money. If you expect older children to buy some of their own clothes, pay for their own haircuts and plan for big-ticket buys such as camp or car insurance, you'll have to figure out what each of those things costs. To those planned spending items you'll need to add some money for establishing a regular savings habit and, perhaps, some money for sharing.

You can use the age of each child as a guide, giving a dollar a week for each year of age. So a seven-year old gets seven dollars. You're the best judge of the amount that will be most appropriate for your child.

To differentiate between the different purposes for money, set up containers for each purpose. This is where the idea for the Magic Jars on Til Debt came from. The reason the jars work for children (and apparently for adults, too) is that they make the finite nature of money visual. There is only so much.

Allowance basics

Look at an allowance as having three parts:

- The part to be saved, the part to be shared, and the part to be spent.
- This third part can be further broken down into two parts: the spending kids want to be able to do on a whim, and the spending they intend to do based on specific expenses and expressly stated goals.
- Saving, sharing and planned spending are all ideas that have to be introduced, practised and reinforced.

Keep your eyes on the prize like an Olympian

Career. Gold medallist Evan Lysacek explains how he manages to stay in the zone

LAKSHMI GANDHI
Metro New York

American figure skater Evan Lysacek won the gold medal at the 2010 Winter Olympics in Vancouver. GETTY IMAGES

Olympian Evan Lysacek is quick to say that he was never the best skater on the ice.

"I felt that I was never as naturally talented or, overall, as good as my competitors," the 29-year-old tells us.

"But I always felt that if I could outwork them, then I could outperform them."

That hard work paid off for the American figure skater in 2010, when he took home the gold medal at the Vancouver Olympics.

Along with Paralympic swimmer Brad Snyder, Lysacek has been touring college campuses across the country as part of Deloitte's Road Show with Team USA. The two athletes have been speaking about their career journeys and explaining to students how they carved a path to success.

We caught up with Lysacek after his recent appearance at New York University and asked him for his tips on how ambitious readers can achieve their career goals.

Don't let anxiety derail you

Lysacek often speaks of the anxiety that temporarily threw him off during his routine in the Vancouver trials. Since then, he's come up with several ways to manage his anxiety but says things aren't perfect. "It's constantly evolving," he says. "It's like chasing a moving target. But for me, as much as I can bring the preparation in to manage the stress and anxiety, I do it."

Be willing to change course

After skating for more than half his life, Lysacek recently embarked on a new career in the real estate industry.

"I'm learning a new industry and taking on as much responsibility as I can," he says. "And I'm just trying to bring a lot of the ideals that I learned in my first chapter into this."

But, he adds, he hasn't left the skating life behind and will be going on tour again in March.

Balancing the two worlds has been interesting. "I'm very sore all of the time. I'm thinking about contracts, leasing, square footage while also trying to think about skating technique," he says.

Maintain your focus

Competing as a teen, Lysacek admits that he did have moments where he wished that he could have hung out with friends instead of constantly heading to the rink.

- "It's an abnormal life," he admits. "But I'm sure that there are a lot of fields where that same sacrifice and discipline come in."

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Tips

Paralympian talks tackling adversity

Naval veteran Brad Snyder distinctly recalls the moment he realized that his life would never be the same.

It was just after he was wounded during an IED attack in Afghanistan with injuries that would leave him permanently blind. "I remember waking up in the hospital and thinking, 'When I dream I can see, I can walk around just fine. But when I wake up, it's dark again.'"

During his recovery, a nurse asked Snyder if he liked sports and suggested that he consider training for the Paralympics. A member of the swim team during his time at the Naval Academy, Snyder decided to return to the sport and ended up winning two golds and one silver for the United States during the 2012 Paralympic Games in London.

Gold medallist Bradley Snyder. GETTY IMAGES

While most will not have to recover from setbacks as extreme as Snyder's, he stresses that there are universal lessons to be leaned from his experiences. We caught up with Snyder shortly after a recent speech he made at New York university as part of Deloitte's "Road Show with Team USA."

Try not to think of the past: "Dwelling on the negatives, dwelling on the stress, dwelling on the uncertainty — none of these are going to get you anywhere," says Snyder. "Focus on the positives, focus on personal development, focus on the upsides."

Accept that unfair things happen: "Crappy things are going to happen to everyone," Snyder points out. "We're all going to face adversity. Embrace your circumstances and realize that you can make things change."

Be humble: "I've had the good fortune that the way the Navy works is that you are thrown into the fire right away," says Snyder. "I have been the laughingstock of every joke, I've made so many mistakes that I can't even count them.... It's important to remember that success is often the fourth or fifth attempt."

LAKSHMI GANDHI/METRO NEW YORK

Parents should help guide teens in school selection

Education. Ask the tough questions as high school students eye post-secondary institutions

University and college hopefuls across the country will be on edge for the next few weeks as they weigh their options. As students go through their checklists and start doing their final visits, one former administrator says parental participation is key.

"For a typical high school parent, mom and dad usually don't want to discourage their kids from going where they want to go," says Joe Schmoke, the founder of University Research and Review, a firm that helps guide students toward affordable colleges and universities.

Choosing a university or college is one of the first adult decisions your teen will make. ISTOCK

"But parents should be as objective as they can to encourage their kids to really think through this."

We asked Schmoke for his tips for families.

Don't be afraid to push back: "This is the first adult decision that 99 per cent of these kids are going to make in their lives," notes Schmoke. "Challenge that decision. Ask: 'Why are you picking this school?'"

Talk to your child about goals. Schmoke says the second-most common reason people transfer is because they change their field of study.

"It's only natural that someone will change their major as their interests and personalities change," he says.

Schmoke also recommends that parents encourage their college-age children take a personality test to get a better idea of the kinds of careers they would thrive in.

"Looking for schools is a frustrating time," he notes. "So these tests will let you figure out what it is that you are all about and what you like."

Be honest: "For many students, the initial decision (of picking a school) is an emotional one," says Schmoke. Parents, he says, should be upfront with their children about what they can afford.

"You should be researching for the best value," he says. "Negotiate for financial aid, look at scholarships."

LAKSHMI GANDHI/METRO NEW YORK

Silicon Valley

Google unveils new headquarter plans

Wildlife and sweeping waterways are part of Google's new campus headquarter plans, unveiled Friday.

The design also includes lush public gardens, looping covered bikeways and futuristic-looking buildings that can be moved about like toy blocks. The redesign on the Google property in Mountain View, Calif., by Danish architect Bjarke Ingels and London-based Thomas Heatherwick, was submitted to local officials with details released on the company's official blog.

Google vice-president for real estate David Radcliffe said in a blog post that the new campus will "lead to a better way of working."

The plan includes large canopies over the campus that "regulate climate, pollution, and sound, while freeing spaces from traditional architectural limitations like walls, windows and roofs."

It aims "to blur the distinction between our buildings and nature," added Radcliffe. AFP

Google's campus headquarters offer plenty of amenities. AFP/RYAN ANSON

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DISCOVER · ACHIEVE · BELONG

Top chicken with flavours of Greece

Dinner. Sautéed chicken breast with spinach, feta and tomatoes makes a zesty entree

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

This recipe serves four. ROSE REISMAN

Kick off March with this fresh and easy dinner that rivals any restaurant entree.

Chicken is one of the most versatile proteins to serve. You can enjoy it as an informal everyday meal or jazz it up like what I've done here. The chicken doesn't need to be marinated or seasoned since there is so much flavour in the topping.

The chicken is lightly breaded and sautéed in a small amount of oil. The sautéed spinach and onions are the perfect match with the feta, tomatoes and olives, giving it a Greek infusion of flavours.

Feel free to substitute the spinach for baby kale and use any other firm cheese such as grated Parmesan, Asiago or crumbled goat cheese. I love to serve this meal with a Greek or Caprese salad.

Directions

1. Mix egg and milk on a large plate. On a separate plate, mix bread crumbs and Parmesan. Dip chicken in egg mixture, then bread crumbs.

2. Spray a large skillet with vegetable spray and add 2 tsp vegetable oil. On medium heat, sauté chicken pieces until cooked through, about 5-8 minutes. Set aside.

3. In another large skillet, add remaining 2 tsp vegetable oil and onions, garlic and basil. Sauté for 3 minutes until onions are softened.

4. Add whole tomatoes and sauté just until tomatoes begin to blister. Add spinach and sauté just until spinach starts to wilt.

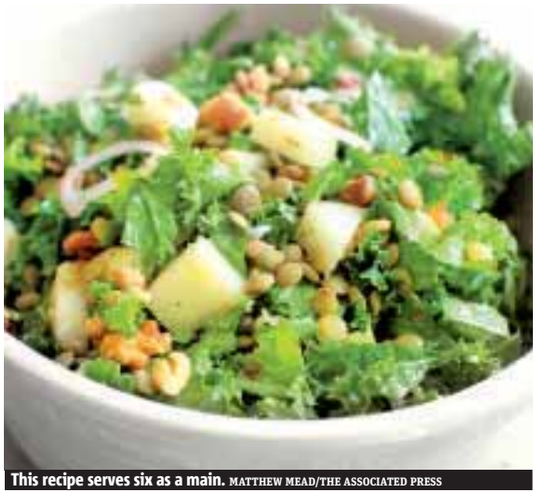
5. Spread spinach mixture over chicken. Sprinkle with olives and feta.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 1 egg
- 2 tbsp milk or water
- 1 cup bread crumbs
- 2 tbsp grated Parmesan cheese
- 1 1/2 lb chicken breast, pounded
- 4 tsp vegetable oil
- 1 cup diced onion
- 1 tsp crushed garlic
- ½ tsp dried basil
- 16 small cherry or grape tomatoes
- 8 cups fresh chopped spinach
- 3 tbsp sliced black olives
- 1 oz crumbled feta cheese

Winter salad spikes kale and lentils with sweetness of pears



This recipe serves six as a main. MATTHEW MEAD/THE ASSOCIATED PRESS

This chopped kale and lentil salad manages to feel both energizing and comforting at the same time.

The star is a handy box of steamed precooked lentils. Most grocers carry these alongside the packaged produce. Keep a box in the refrigerator and you'll find a million ways to use those lentils. Add a handful to soups, pasta or quinoa dishes, tuck some into an egg-white omelette topped with salsa, or sauté some up with brown rice and curry paste.

Save a little cash by cooking your own lentils (dry lentils are cheaper). The easiest way to cook dry green lentils is to boil them in ample salted water until al dente, about 12 to 15 minutes. Either way, lentils are a nutritional bargain. Each cup of lentils is packed with folate, 16 grams of fibre and 18 grams of protein.

For this salad, use any hearty green. Kale is ubiquitous this time of year, and it's pretty darn cheap.

Directions

1. In large salad bowl, combine kale, lentils and walnuts.

2. Place the shallots in a small bowl, then pour the vinegar and boiling water over them. Add a pinch of salt, then stir and set aside to pickle for 5 minutes.

3. Meanwhile, in another small bowl prepare the dressing. Whisk together the mustard, lemon juice, vinegar and water. Drizzle in the olive and whisk until emulsified. Add pepper and black truffle salt, if using.

4. Once the shallots have pickled, add the diced pear, toss for a few seconds, then drain, discarding the liquid. Use paper towels to blot the shallots and pear dry, then add them to the salad bowl.

5. Pour the dressing over the salad, then toss to coat. Drizzle on more olive oil if desired before serving. THE ASSOCIATED PRESS

Ingredients

- 1 large bunch of kale, washed, dried, destemmed and chopped (about 4 cups)
- 2 cups cooked green lentils
- 3/4 cups walnuts, toasted and roughly chopped
- 2 small shallots, thinly sliced
- 2 tbsp white or apple cider vinegar
- 1/2 cup boiling water
- Kosher salt
- 1 pear, cored and diced

Dressing

- 1 tbsp Dijon mustard
- 3 tbsp lemon juice
- 2 tbsp red wine vinegar
- 2 tbsp water
- 2 tbsp olive oil
- Ground black pepper
- 1/4 tsp black truffle salt (optional)

MLB

Darvish denies bailing on Rangers

Yu Darvish saved his best stuff for after his inning on the mound.

The Texas Rangers ace, who was shut down last August with elbow inflammation, threw 14 pitches without any discomfort on Sunday during an intrasquad game — his most extensive work since the injury ended his 2014 season.

Afterward, the Japanese star spoke to reporters in English more than at any time in his career to dispute criticism he quit on the Rangers last season.

"I love this ball club," he said. "I've never done that in my life. That's not true."

THE ASSOCIATED PRESS

NASCAR

Johnson wins 71st career race

Jimmie Johnson pulled away after the final restart with 13 laps to go Sunday, winning the NASCAR Sprint Cup race at Atlanta Motor Speedway.

Johnson, a six-time Cup champion, started near the back after failing to get in a qualifying run because of inspection issues. But the No. 48 Chevrolet was the fastest car on the track at the end of the weekend, cruising across the finish line a comfortable 1.803 seconds ahead of Kevin Harvick.

It was the 71st victory of Johnson's career, and his fourth at the trioval south of Atlanta. It also gives him an almost-certain spot in the season-ending Chase, going for his record-tying seventh championship.

THE ASSOCIATED PRESS

Ladd leads Jets in conquering Kings

NHL. GM Cheveldayoff pulls trigger on another trade, adds winger Stempniak

Jets Mark Scheifele, bottom, and Dustin Byfuglien get in a scrum with Kings Trevor Lewis, right, and Brayden McNabb at the MTS Centre on Sunday. TREVOR HAGAN/THE CANADIAN PRESS

The Winnipeg Jets added two points in the standings and one forward to their depth chart as they continued their playoff push on Sunday.

The Jets announced a trade for forward Lee Stempniak in the waning moments of their 5-2 win over the Los Angeles Kings in a battle between two teams fighting for Western Conference playoff berths.

The trade sent forward Carl Klingberg to the New York Rangers in exchange for Stempniak, a veteran of 690 NHL games.

Stempniak is the fourth player that Jets GM Kevin Cheveldayoff has added to his roster in the last three weeks.

"To add more depth to our lineup is huge, especially coming down the stretch and in the playoffs," said Andrew Ladd, who scored twice against the Kings Sunday. "(Stempniak is) just another solid NHLer. Obviously another good two-way guy that can make plays and plays a really solid game."

The Jets also got goals from a pair of recent acquisitions, Drew Stafford and Tyler Myers, and held the defending Stanley Cup champions to 20 shots on goal in one of their more complete showings of the season. Blake Wheeler added an empty-net goal.

Jeff Carter scored both Los Angeles goals, as the Kings dropped a third consecutive game on the heels of an eight-game winning streak.

On Sunday

Jets	Kings
5	2

"We're comfortable with the style that we play and have a good understanding of what we need to do to win those hockey games," Ladd said. "We head into every game knowing we can beat any team and that's our expectation."

The Jets (32-20-12) have earned points in 10 of their last 12 games and have a three-point lead on Minnesota for the first wild-card spot in the Western Conference.

"The last six periods have been pretty darn close to the way we want to look," said Jets coach Paul Maurice, looking back to the team's shootout loss to St. Louis on Thursday.

The Kings (29-21-12) remain in a precarious position, tied with Calgary for third in the Pacific Division.

"It wasn't even close, to be honest with you," said Carter, when asked about the Kings' effort. "We need to get going. We're in a tight race, and every game for us is a playoff game. We need to get our level up. We haven't been playing well enough, that's the bottom line."

THE CANADIAN PRESS

Blueshirts bolster blue-line with Yandle

In Keith Yandle, the Rangers get a four-time all-star defenceman who has 41 points in 63 games this season. CHRISTIAN PETERSEN/GETTY IMAGES

The New York Rangers acquired a big piece in their push for another deep playoff run, picking up all-star defenceman Keith Yandle in a trade with the Arizona Coyotes on Sunday.

The Rangers, who lost to the Los Angeles Kings in the Stanley Cup final last season, didn't wait until Monday's trade deadline to make a big move for this year's push.

The 28-year-old Yandle has been one of the NHL's best offensive-minded defencemen, a four-time all-star who has led the Coyotes in scoring the past three seasons. He has 41 points in 63 games this season and has been the anchor of Arizona's power-play unit.

Glencross bound for D.C.

Despite being in the playoff picture, the Calgary Flames traded pending-free-agent Curtis Glencross to the Washington Capitals for second- and third-round picks.

- Glencross has nine goals and 19 assists in 53 games this season.

New York also received defenceman Chris Summers and a 2016 fourth-round pick for defenceman John Moore, top prospect Anthony Duclair, a conditional first-round draft pick in 2016 and a second-rounder this year.

Arizona agreed to retain 50 per cent of Yandle's salary.

Duclair was a third-round pick in 2013 and already has NHL experience, scoring a goal with six assists in 18 games this season. THE ASSOCIATED PRESS

4 SPORTS

Rousey hits new height in latest title defence

Mixed-martial arts.
Champ dramatically defends 35-pound title at UFC 184 on Saturday

Ronda Rousey forced Cat Zingano to tap out after just 14 seconds on Saturday night at Staples Center in Los Angeles. HARRY HOW/GETTY IMAGES

Ronda Rousey has stopped every opponent she has faced in her meteoric mixed martial arts career, so a first-round victory is no shock for the UFC's bantamweight champion.

Except nobody had finished a UFC title fight this quickly, and hardly anyone had ever done it with so much flair.

Rousey stopped Cat Zingano with an acrobatic armbar after just 14 seconds, dramatically defending her 135-pound title at UFC 184 on Saturday night.

Rousey's fifth title defence ended before the sellout Staples Center crowd could process what it just witnessed.

"There's very few situations where a fight goes 14 seconds and the crowd is cheering and going crazy and looking at each other with their mouths open," UFC president Dana White said.

Rousey (11-0) earned the most impressive win of her career with amazing speed, taking out the previously unbeaten Zingano with her signature armlock.

Zingano (9-1) dropped Rousey on her head with a flying charge at the opening bell, but the champ used her peerless judo skills to flip Zingano onto her back. Rousey scampered into position to wrench Zingano's arm grotesquely — and just like that, the challenger tapped out.

Rousey wasn't surprised by the opening charge: She suspected Zingano might try to catch her unprepared. Rousey didn't expect to get turned upside-down but, when it happened, the Olympic medal-winning judoka relied on instinct.

"I made that up on the fly, to be honest," Rousey said. "But it was kind of funny: We were going toward the ground, and I kind of reverted back to judo mode and was thinking, 'Don't touch your back. It's a point.' That's where the acrobatic thing came from, was thinking about not touching your back in judo.

At this point, nobody in the sport can touch Rousey, the most dominant champion in MMA. THE ASSOCIATED PRESS

FIFA

Blatter, three presidential rivals invited to debate

Sepp Blatter and his three FIFA presidential election rivals have been invited to participate in a television debate by the BBC and Sky.

The London-based broadcasters have written to the candidates proposing a one-hour "fans' congress" live on their globally available channels, websites and Facebook ahead of the election in May.

The 78-year-old Blatter is seeking a fifth four-year term running football. FIFA Vice-President Prince Ali bin al-Hussein of Jordan, Portugal great Luis Figo and Dutch football association chief Michael van Praag want to end Blatter's reign, which began in 1998.

Prince Ali and Figo have already said publicly they are willing to participate in a debate. In a letter to Blatter seen by The Associated Press, Sky and BBC wrote: "There is significant interest from other candidates." THE ASSOCIATED PRESS

English Premier League

League Cup win ends Mourinho's trophy drought

Coach Jose Mourinho added some more silverware to his collection as Chelsea beat Tottenham to win the Capital One Cup.

It ended his longest trophy drought in management, having last won the 2012 Spanish title with Real Madrid before rejoining Chelsea in 2013.

The London side's day was made better by the fact title rival Manchester City lost away to Liverpool to remain five points behind Chelsea.

Mourinho could hardly contain his joy, hugging his backroom staff and clenching his fist as he turned to celebrate with the London club's delighted fans at Wembley. Captain John Terry scored the opener in the 45th minute with a deflected strike. Chelsea's win was secured when another Tottenham defender, Kyle Walker, deflected striker Diego Costa's shot into the net. THE ASSOCIATED PRESS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
An older friend or family member will give you some invaluable advice. You may be doing well at the moment but if you are willing to learn you will soon be doing even better.

♉ Taurus
April 21 - May 21
Don't worry if others say you don't take enough risks. If you follow your instincts over the coming week you will go much further than your critics.

♊ Gemini
May 22 - June 21
You will be eager to do favours, but don't force yourself on those who have not asked you to help. Some people prefer to suffer in silence.

♋ Cancer
June 22 - July 23
Something you value will go out of your life today. But you know you need to make room for the even better things coming your way very soon.

♌ Leo
July 24 - Aug. 23
Your opinion about someone you work or do business with will change dramatically today. Talk to them and get to know them better — it could be the start of a beautiful friendship.

♍ Virgo
Aug. 24 - Sept. 23
Not even a Virgo knows all the answers. What you discover today is sure to take you by surprise. How many other issues do you know less about than you imagined?

♎ Libra
Sept. 24 - Oct. 23
Don't keep your schemes and dreams to yourself: they are big enough for everyone to share in.

♏ Scorpio
Oct. 24 - Nov. 22
If you need to get back on good terms with a loved one or a relative now is the time. Just let them know your recent disagreement is well and truly forgotten.

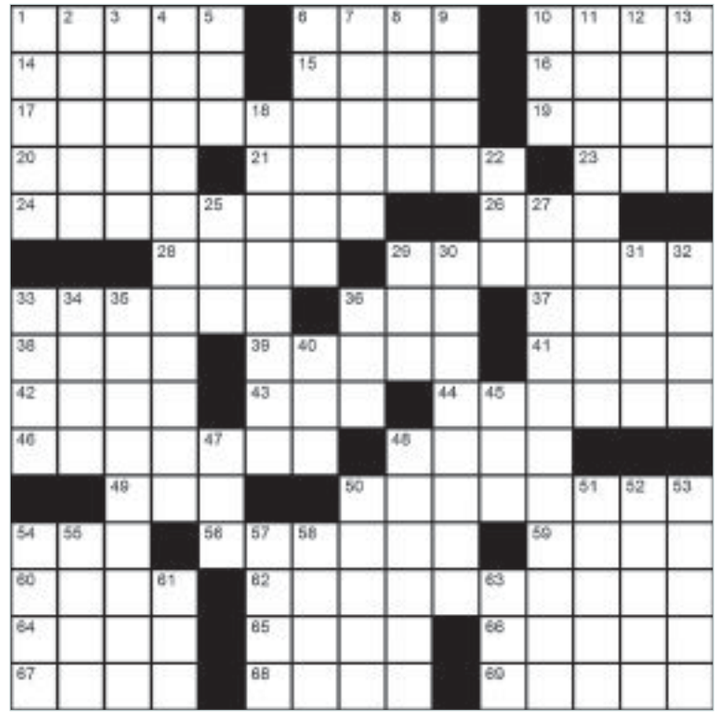
♐ Sagittarius
Nov. 23 - Dec. 21
You will have to deal with someone who hates to take risks. According to the planets you will need this individual's help in the near future, so be nice — or at least pretend.

♑ Capricorn
Dec. 22 - Jan. 20
You will discover something about a friend that makes you understand why they have been behaving so strangely. Keep what you find to yourself.

♒ Aquarius
Jan. 21 - Feb. 19
You need to make peace with someone you fell out with a week or two ago. Get over your disagreement and focus on what is important.

♓ Pisces
Feb. 20 - March 20
You need to reveal more of your feelings. Others don't know how to take you because you have been wearing your deadpan face for so long they fear it might now be for real. It's not, so get rid of it.

Crossword: Canada Across and Down by Kelly Ann Buchanan



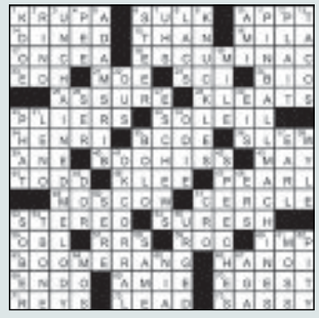
Across

1. Civil Rights leader Mr. Jackson
6. School subj.
10. Assorted [abbr.]
14. Keen
15. Travelling
16. Certain preposition
17. The Cartographer of _____ (P.S. Duffy's WWI novel set in the Western Front and Nova Scotia)
19. Image
20. "Before _ __ you go..."
21. Objective
23. Mil.'s special __
24. Suitor's song
26. Verb suffix
28. Read: French
29. Withdraws oneself
33. Ancient fortune-telling women
36. Howe'er
37. Judicious
38. Monster
39. San Jose Sharks player Matt born in Brentwood Bay, BC
41. "Immediately!" in the ER
42. Trick
43. Robin Roberts' show, commonly
44. Exit
46. Mr. Capote's
48. New-__
49. Prime meridian std.
50. Fugitive's plight, if caught
54. Bonfire remnant
56. "Take Me to Church" singer
59. Oz: Dorothy's surname
60. X-mark a ballot
62. Song by Canadian band Metric that goes: "Fingertip to painted lip...": 2 wds.
64. Atomic Number 26
65. "In the Valley of __" (2007)
66. Domesticated
67. E-Mail button
68. Danube†River, in Budapest
69. Not quite right

Down

1. Ms. Joplin
2. School: French
3. Ur's locale in ancient Mesopotamia
4. Fredericton's nickname, City of __ __
5. Poetic nightfall
6. Sick: French
7. On the ball
8. Piquancy
9. __ Park in London, England
10. Pas toi
11. Nunavut: Baffin Island's Meta __ Peninsula
12. Discontinue
13. Pros opposites
18. Pisces, for one: 2 wds.
22. Poetic contraction
25. Nothing
27. CBC's "The National", for one: 2 wds.
29. Sushi tuna
30. 007 love interest: 2 wds.
31. Pre-1917 emperor
32. Paving stone
33. Cushy
34. __ Straminsky, mess worker on "M*A*S*H"
35. BC: Body of water between Vancouver Island and Malcom Island, __ Strait
36. Old airline, e.g.
40. House's den, et al.
45. poet mr. cummings, et al.
47. Sports fig.
48. Vocal legend Ms. Franklin
50. Denizen of the Leaning Tower city
51. Campbell or Watts
52. Q. "Is this yours?" A. "No, it must be somebody __."
53. Bassoon props
54. Notice: French
55. Upset
57. Uttered "That's nice dear."
58. Phonetic alphabet's last letter
61. Finish
63. Airport posting, e.g.

Last Week's Crossword

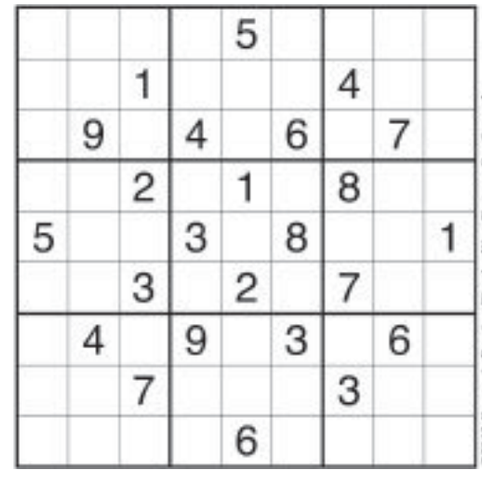


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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Last Week's Sudoku

3	6	2	4	9	1	7	5	8
9	1	8	3	5	7	2	6	4
7	5	4	6	2	8	9	1	3
4	9	6	2	7	5	8	3	1
1	2	3	9	8	4	6	7	5
5	8	7	1	3	6	4	2	9
2	7	1	5	4	9	3	8	6
6	3	9	8	1	2	5	4	7
8	4	5	7	6	3	1	9	2

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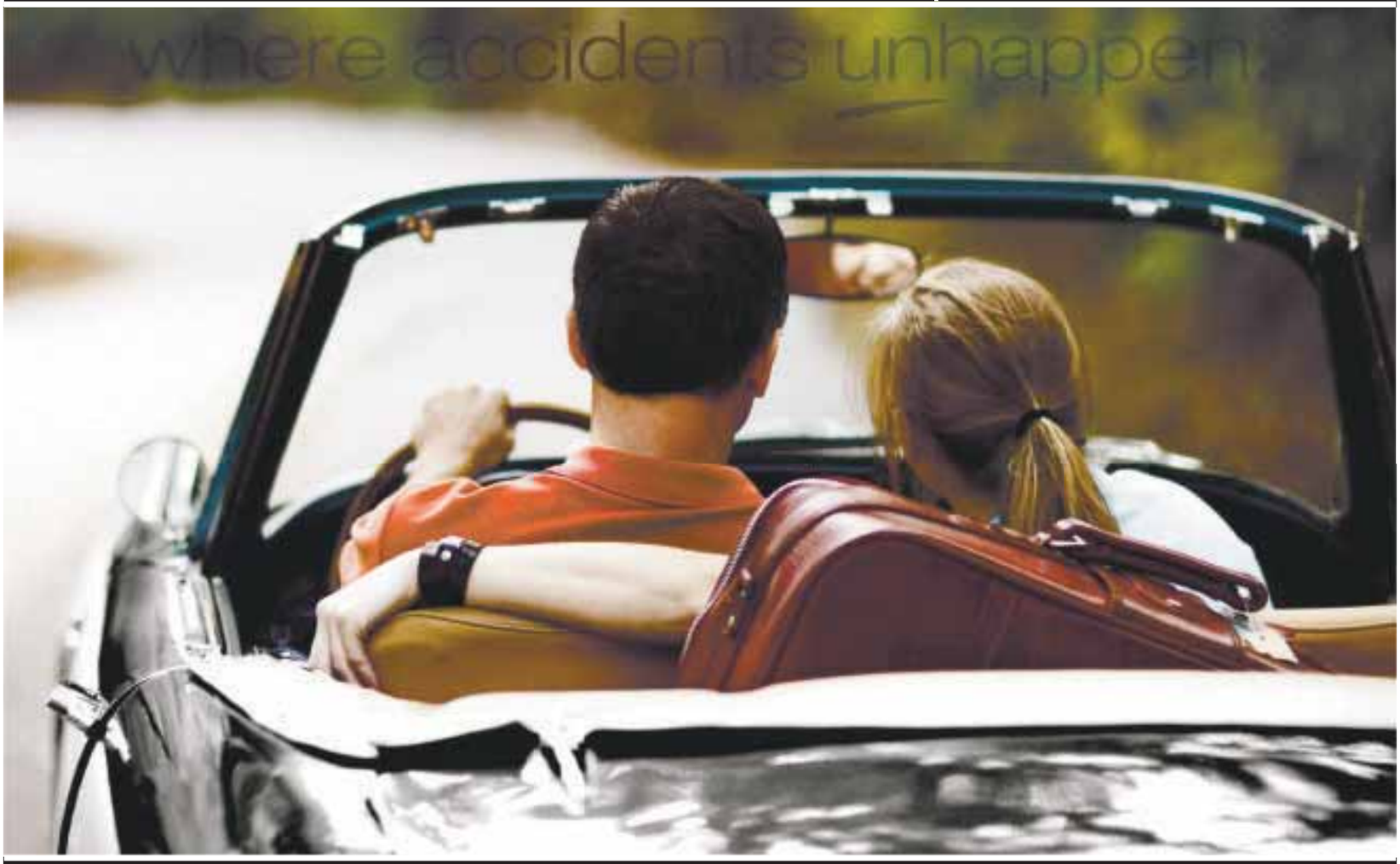

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